



Cheesy Mustard Chicken Risotto

with Leek & Lemon

NEW

Grab your meal kit with this number

20



Leek



Lemon



Garlic



Diced Chicken



Nan's Special Seasoning



Soffritto Mix



Risotto-Style Rice



Chicken-Style Stock Powder



Dijon Mustard



Grated Parmesan Cheese



Diced Chicken



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 35-45 mins

Calorie Smart

Protein Rich

Eat Me Early

A hearty baked risotto is exactly what we're craving when the cooler weather hits, and this might be our favourite flavour combo yet. Chicken is browned and then slowly cooked in the risotto for ultimate tenderness. Leek and soffritto mix add subtle sweetness, while dijon mustard packs a punch with flavour and lends the dish an irresistible golden hue. Dig in!

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
lemon	½	1
garlic	2 cloves	4 cloves
diced chicken	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
soffritto mix	1 medium packet	1 large packet
risotto-style rice	1 packet	2 packets
chicken-style stock powder	1 large sachet	2 large sachets
water*	2¼ cups	4½ cups
dijon mustard	1 medium packet	2 medium packets
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617cal)	271kJ (65cal)
Protein (g)	47g	4.9g
Fat, total (g)	7.3g	0.8g
- saturated (g)	3.1g	0.3g
Carbohydrate (g)	84g	8.8g
- sugars (g)	10.1g	1.1g
Sodium (mg)	1829mg	191.7mg
Dietary Fibre (g)	4.3g	0.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Thinly slice **leek**. Slice **lemon** into wedges. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **diced chicken** and **Nan's special seasoning**, tossing occasionally, until just browned, **3-4 minutes** (it'll finish cooking in the oven!).
- Transfer **chicken** to a baking dish.

3



Bake the risotto

- Transfer **risotto mixture** to baking dish with **chicken**.
- Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.
- When risotto is done, remove from oven. Stir through **dijon mustard**, the **butter**, a squeeze of **lemon juice** and half the **grated Parmesan cheese**. Season to taste.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.

TIP: If the risotto is dry, stir through a splash of water.

2



Start the risotto

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **leek** and **soffritto mix** until tender, **4-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Add **risotto-style rice**, **chicken-style stock powder** and the **water** (2¼ cups for 2 people / 4½ cups for 4 people). Stir to combine and bring to the boil.

4



Serve up

- Divide cheesy mustard chicken risotto between bowls.
- Garnish with remaining Parmesan cheese. Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS



DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.



DOUBLE GRATED PARMESAN CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

